



MOVE!

HOW TO EAT BETTER



Have you been trying to eat healthier but are having a difficult time following through with your plan? Here are some simple and easy changes you can make to 'lighten up' your meal plan. Follow these tips to decrease calories while adding more volume and fiber to your diet. Here is what you do:

Change from -----→To

Regular Sodas

Diet Sodas

Sweetened Tea

Unsweetened Tea

- may use artificial sweetener

Fried Chicken

Baked, Skinless Chicken

White Bread

Whole Wheat Bread

Buttered Popcorn

Low Fat Popcorn

Ground Beef

Ground Turkey Meat

- buy ground meat with less than 10% fat

Fried Corn or Potato Chips

Baked Chips

Whole or 2% Milk

Skim or 1% Milk

No Water

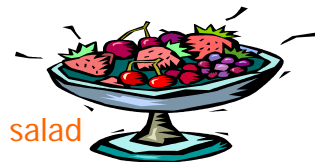
**Drink It! Aim for
6-8 glasses each day!**



You don't have to eliminate your favorite foods - just eat healthier versions of them. Bake, broil or grill meats instead of frying or sautéing them in oil or butter. Add salt/sodium free spices for that added flavor and zest.

Add color to your food by eating green and yellow vegetables like broccoli, summer squash and carrots.

Try making a sugar free gelatin and fruit dish, fruit bowl or fruit salad dessert instead of cake or cookies, use fat free whipped topping as a garnish.



Eating healthy is fun and you'll feel better doing it.